

**Chicken stew recipe: (serving about 12 people)**

**3 lbs boneless chicken, cut in bitesize pieces, (half breasts and thighs)**

**Red palm oil for sauteing**

**Flour for dusting**

**2 medium onions, chopped**

**2 cups chicken broth**

**2 cups canned crushed tomatoes**

**½ cup tomato paste**

**2 cups okra (frozen, cut)**

**Salt, black pepper, red pepper (to taste)**

**Prep:**

**Dredge chicken in flour, brown chicken in oil.**

**In separate pot, saute onions in oil until soft. Add tomatoes and tomato paste and chicken broth. Continue cooking on moderate heat.**

**Add browned chicken as ready.**

**Add okra and continue cooking over low heat until chicken is done.**

**Add salt, peppers lightly to taste.**

**If consistency is too thick for rice, add more chicken broth or tomatoes.**

**Greens recipe: (serves 4-6 approx)**

**2 onions chopped**

**Red Palm oil**

**1 cup water with 2 chicken bouillon cubes**

**4 cups chopped kale**

**4 cups chopped baby spinach**

**Salt, peppers to taste**

**Saute onions in oil until soft.**

**Add water with bouillon and bring to a boil.**

**Add kale and stir until wilted.**

**Add spinach and stir until wilted.**

**Add water as necessary.**

**Add salt and peppers and check taste.**

**Keep warm but don't over cook.**